Super Chief Cook Book

OF FAMOUS
FRED HARVEY
RECIPES

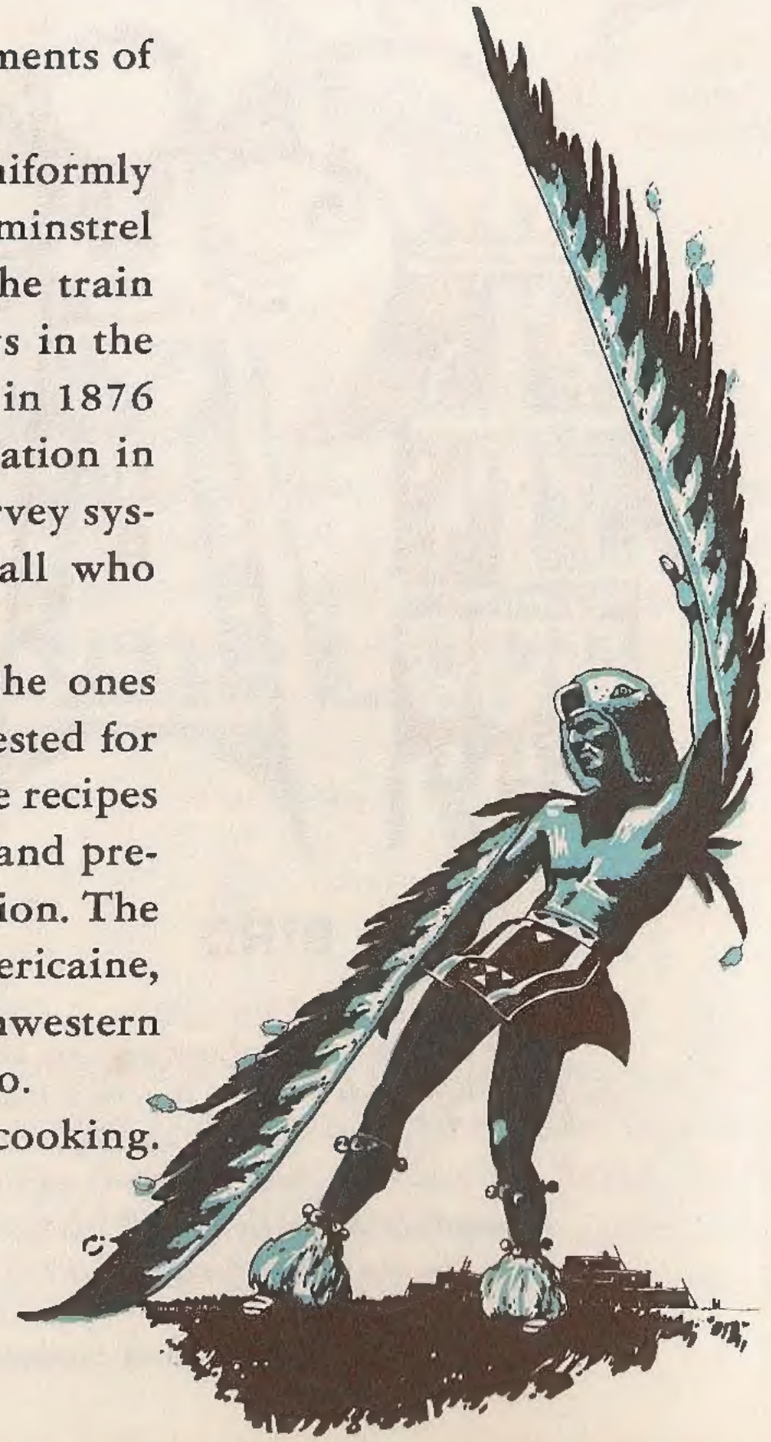
Foreword

This little book of recipes comes to you with the compliments of the Santa Fe Railway and Fred Harvey.

There was a day when railroad eating places were uniformly primitive. The food they served was the butt of jokes of minstrel shows and comic weeklies, and as much of a peril as the train robbers and bad men of the wild and woolly early days in the West. Ever since Fred Harvey opened his first restaurant in 1876 on the second floor of the little red wooden Santa Fe station in Topeka, Kansas, the Santa Fe Railway and the Fred Harvey system have worked together to provide good food to all who come our way.

Most of the recipes included in this booklet are the ones especially requested through the years. All have been tested for consumer use by home economists who have couched the recipes in cooking terms familiar to the non-professional chef and presented them in quantities most useful for home consumption. The dishes represented vary from the elaborate Lobster Americaine, as served on the Super Chief, to several popular Southwestern recipes served at La Fonda in Old Santa Fe, New Mexico.

We hope you will enjoy this side trip adventure in cooking.



THUNDER BIRD HOPI

The Indians of the Southwest are an usually artistic people. They create symbols to represent the many things of their life and you'll find these creations on the jewelry, pottery, baskets and blankets that they make. Aboard the Super Chief and other trains of the Santa Fe fleet, the decorations feature many of the symbols of the Indians of the Southwest. As you leaf through this book take note of the Indian symbols and their meanings.

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BRAISED DUCK CUMBERLAND

Santa Fe—Fred Harvey Dining Car Service

Super Chief Chef Joseph Stoesser

1 (5 or 6 pound) duck
Salt and pepper
¼ cup chopped onion
3 tablespoons butter
1 cup rice
2½ cups boiling chicken broth
¼ cup butter
½ teaspoon salt
1 large stalk celery
1 large carrot
1 small onion
1 cup water

SAUCE

1 teaspoon all-purpose flour
1 cup bouillon
1 large orange
⅓ cup Burgundy wine
¼ teaspoon English mustard
1 teaspoon Worcestershire sauce
1 tablespoon currant jelly
Dash cayenne

Season cavity of duck with salt and pepper. To make stuffing: cook chopped onion in butter until tender; add rice and cook until rice turns yellow. Add chicken broth, butter, and salt, cover, and simmer 20 minutes. Stuff duck with mixture and truss. Place duck on trivet in roasting pan, breast up. Add celery stalk, whole carrot, onion, and water. Cook in slow oven (325°F.) 25 minutes per pound (about 2½ hours) basting duck occasionally.

Remove duck from pan; drain off excess fat. Sprinkle flour in pan, add bouillon and simmer about 20 minutes, stirring occasionally; strain. Peel orange, remove white membrane and cut peel into thin strips. Boil 5 minutes, drain and add to hot mixture with wine, mustard, Worcestershire sauce, jelly and cayenne. Separate orange into sections, removing white membrane. Place duck on serving platter; arrange orange sections in 2 rows over duck. Pour a few spoonsful of sauce over all. Serve remaining sauce with duck.

SUN
Happiness

"*Dinner is now being served in the diner.*" Of all the railroad announcements from "all aboard" to "end of the line," this is the most exciting.

Braised Duck Cumberland will make your guests feel as expansive as they would if they were dining on the Super Chief. The Sauce alone should win you kudos as an epicure.

GUACAMOLE MONTEREY

(pronounced Gwah-ka-mo-leh)

El Tovar hotel, Grand Canyon National Park, Arizona

Chef Joe Bianchi

1 avocado, mashed
1 tomato, chopped fine
½ cup cottage or cream cheese
2 tablespoons chopped green onions
1 tablespoon lemon juice
½ teaspoon chopped chives
½ teaspoon salt
Dash pepper
Dash Worcestershire sauce

Combine all ingredients thoroughly. Chill. Serve on lettuce with peeled, chilled tomato wedge or use as a dunk mixture. Yield 2⅔ cups (about 6 servings).

BIRD - Care Free

One of the recipes most asked for by guests as an appetizer in the big, rustic dining room overlooking a spectacular view of the Grand Canyon.

A delicious Guacamole Salad is prepared in a slight variation of this recipe by Chef John Frenden at the Alvarado hotel in Albuquerque.

CHICKEN CACCIATORE

Fred Harvey Dining Room
Los Angeles Union Station
Chef Louis Sogno

2 broiling chickens (1½ lbs. each, ready-to-eat weight)
½ cup flour
1 teaspoon salt
⅛ teaspoon pepper
¼ cup butter or olive oil
1 medium onion, sliced
½ lb. fresh mushrooms, sliced
1 clove garlic, minced
12 ripe olives, whole
1 can tomato puree (or 1 cup canned tomatoes)
½ cup Claret or Sherry

Cut chicken in quarters, and dust with flour which has been well mixed with salt and pepper. Saute in butter or olive oil until golden brown. Add remaining ingredients, cover, and simmer over low heat 20 to 30 minutes. Yield: 4 servings.

SUN RAYS
Constancy

This hearty chicken dish shows the fine Italian hand of Chef Louis Sogno. Louis had his training in his native Italy when he was only 13 years old. His cooking has added flavor to Fred Harvey menus for almost 20 years.

CHICKEN MACIEL

The Westport Room
Kansas City Union Station
Chef Joseph Amherd

1 pound cooked white meat of chicken
¼ pound butter
2 teaspoons curry powder
¼ cup Sherry
2 cups boiled rice
1 quart cream sauce made with:
½ cup butter or chicken fat
½ cup flour
4 cups rich milk (part chicken broth)
Salt and pepper to taste
Grated Swiss cheese

Cut chicken into one inch squares. Saute five minutes in melted butter with curry powder and Sherry. Fold chicken and rice into hot cream sauce and stir carefully until blended. Place in three individual casseroles (or one large casserole) sprinkle with grated Swiss cheese and brown under broiler. Yield: 3 servings.

SQUASH BLOSSOM
Courtship

Created by Joe Maciel and served by him personally for more than 15 years to Kansas Citians and their friends, this delicious dish is a favorite of Margaret Truman, Corrine Griffith, star of the silent films, Preston Marshall, owner of the Washington Redskins, and H. J. Fawcett, manager of the Kansas City Club.

RAGOUT OF LAMB KIDNEYS PIQUANTE

Santa Fe—Fred Harvey Dining Car Service
Erich Walther

12 lamb kidneys
¼ cup butter
4 teaspoons finely chopped onion
2 tablespoons all-purpose flour
1½ teaspoons dry mustard
2 cups beef bouillon (or 2 teaspoons concentrated meat extract dissolved in 2 cups boiling water)
3 tablespoons vinegar
Dash pepper
Chopped parsley

Wash kidneys well and remove membranous covering. Split in half and remove white center. Slice thinly. Melt butter in frying pan. Add sliced kidneys and brown over high heat 3 or 4 minutes, remove kidneys. Cook onions in butter until tender but not browned. Combine flour and mustard. Add to onions. Add bouillon and vinegar and cook until thickened. Remove from heat. Add kidneys and heat but do not boil. Add seasoning if needed. Sprinkle with chopped parsley just before serving. Yield: 4 servings.

BEAR TRACK
Good Omen

Through the years Fred Harvey dining service on the Santa Fe has been one of the most celebrated in the world.

A standard dining car has a staff of 11 persons. A steward, chef, second, third and fourth cook, and six waiters make up the crew. It takes 114 regular crews, more than 1,600 men, to operate the Santa Fe's fleet of dining cars.

RISOTTO, PIEMONTAISE

Fred Harvey Dining Room
Los Angeles Union Station
Chef Louis Sogno

1 small onion, chopped fine
4 tablespoons butter
1 cup rice
½ teaspoon salt (about)
2½ cups chicken broth, heated to boiling
Grated Parmesan cheese

Saute minced onion in butter to a golden brown. Add uncooked rice and continue heating until rice is browned slightly, about 10 minutes, stirring constantly. Add salt and boiling chicken broth, cover, reduce heat to low and cook slowly for 18 to 20 minutes or until rice is tender and excess liquid has evaporated. Serve hot, topped or mixed with grated Parmesan cheese. Yield: 4 servings.

RAIN
Plentiful Crops

Chef Sogno's Risotto is one of many interesting recipes devised for dressing up rice and is as cosmopolitan as Los Angeles Union Station itself. Located across the way from the old historic Plaza section of the city, the station is near the new Civic Center—an interesting sightseeing area for visitors and residents.

PORK AND SPAGHETTI PICATTA

Westport Room
Kansas City Union Station
Chef Joseph M. Amherd

1 pound pork tenderloin, sliced thin and flattened
1 teaspoon salt
⅛ teaspoon pepper
2 eggs, well beaten
1 ¼ cup butter
1 package (7 oz.) spaghetti
¾ cup grated Swiss cheese
¼ cup finely chopped chives

Season tenderloin slices with salt and pepper, dip in beaten egg, and saute in ¼ cup butter. Meanwhile cook spaghetti in boiling salted water, drain. Brown remaining cup of butter until dark brown and pour over spaghetti. Serve spaghetti on hot platter; arrange tenderloin slices over spaghetti; sprinkle with cheese and chives. Yield: 4 servings.

MOUNTAIN RANGE
Lightning

The Westport Room is close to the heart of Kansas Citians. Since 1914 Fred Harvey dining rooms in the Kansas City Station have been the locale of important social and civic functions. The attractive dining room is named for the early settlement at Westport Landing, the site on which the city was built. Murals by Hildreth Meire depict scenes of the city's early history.

STUFFED ZUCCHINI ANDALOUSE

Santa Fe—Fred Harvey Dining Car Service
Super Chief Chef Carlos Gardini

6 small zucchini
2 tablespoons chopped onion
3 tablespoons chopped mushrooms
3 tablespoons chopped green pepper
⅓ cup chopped tomato
¼ cup chopped cooked ham
½ clove garlic, minced
½ cup chopped cooked beef
1 ⅓ cup soft bread crumbs, piled lightly
2 tablespoons broth, if needed
Dash salt
Dash pepper

Cook zucchini in unsalted water 5 minutes; cut in half lengthwise; remove pulp. Combine pulp with remaining ingredients; pile this into zucchini and bake in moderate oven (350° F.) 30 minutes. Yield: 6 servings.

RAINBOW-CLOUDS
Prosperity

Here's an unusual recipe that you might like to try on some leftover beef and ham. Chef Carlos Gardini says his patrons on the Super Chief find it different and delicious.

Menus on all Santa Fe trains and Fred Harvey restaurants are planned to satisfy a wide range of tastes and pocketbooks.

PLANTATION BEEF STEW ON HOT BISCUITS

Fred Harvey Restaurant, St. Louis Union Station

John Darden

1½ lbs. beef cut in 1½ inch cubes
1 quart hot water
2 cups diced potatoes
½ cup diced onion
6 green onions, chopped
1 clove garlic, minced
¼ teaspoon coarsely and freshly ground black pepper
1½ teaspoon salt
6 3-inch biscuits

Cover meat with water; cover and simmer for 1½ hours. Add 1 cup diced potatoes; cook for 1 hour until potatoes become mushy. Add remaining vegetables and seasonings; cook until vegetables are just tender (20 to 25 minutes). Serve over split hot biscuits. Yield: 6 servings.

Variations of this stew may be made by using chicken, veal, pork, or ham in place of beef.

RUNNING WATER - Constant Life

This old Southern recipe dates back long before the Civil War. It has been handed down by word of mouth through generations. John Darden was a small boy in Auburn, Kentucky, when he learned how to make it from his grandmother who served the stew frequently to her family of 25 children.

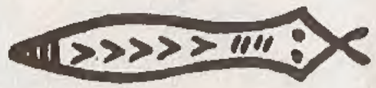
ROULADE OF BEEF

Santa Fe—Fred Harvey Dining Car Service

Erich Walther

4 8-ounce pieces sirloin butt
2 teaspoons salt
¼ teaspoon pepper
4 slices bacon
4 thick slices onion, cut in half
1 large dill pickle, cut lengthwise into fourths
¼ cup all-purpose flour
4 teaspoons butter
1 tablespoon all-purpose flour
2 cups beef broth
2 tablespoons catsup

Flatten steaks with meat cleaver until very thin; season with salt and pepper. On each steak, place a slice of bacon, ½ onion slice, and one pickle stick. Roll up steak and tie with string. Roll in ¼ cup flour and saute in butter until well browned. Add 1 tablespoon flour to butter. Add broth and catsup, cover pan and cook slowly for 30 minutes. Remove string before serving. Yield: 4 servings.



SNAKE - Defiance

Erich Walther has charge of the Santa Fe Dining Car Commissary in Chicago. Here meats are cut, trimmed and prepared "oven-ready" before being taken aboard the dining car kitchen. Soup stocks and all basic sauces are prepared beforehand, too, and so are pies, pastries and cakes. Santa Fe Commissaries are located also in Kansas City, Houston, Clovis, Bakersfield and Los Angeles.

LOBSTER AMERICAINE

Santa Fe—Fred Harvey Dining Car Service
Super Chief Chef Carlos Gardini

1 (2 lb.) lobster, boiled
3 tablespoons butter
1 tablespoon minced celery
1 teaspoon minced carrots
1 teaspoon minced leeks
1 teaspoon minced shallots
½ garlic clove, minced
2 tablespoons cognac
2 tablespoons flour
¼ cup broth
2 tablespoons white wine
2 tomatoes, peeled and chopped
Dash salt
Dash pepper
Dash cayenne pepper
1 tablespoon butter

Remove meat from shell (saving the brain) and cut in pieces an inch thick. Melt butter, add minced vegetables, and saute several minutes without browning. Add lobster meat and garlic and continue sauteing for five minutes. Add cognac and set aflame. Blend in the flour, add broth and stir until smooth and slightly thickened. Add wine and chopped tomatoes, season to taste and cook slowly for 20 minutes. Mix brain with softened butter, add to lobster mixture and serve at once. Yield: 1 serving.

BUTTERFLY – Beauty

A gourmet dish if there ever were one, as served on the Santa Fe's celebrated Super Chief—the all-room luxury train so popular with celebrities and top echelon business men and social leaders. Lobster Americaine appears often on the special gargantuan menus of the Turquoise Room, the famous private dining room on the Super Chief.

ROMAN DRESSING

Fred Harvey Restaurants
St. Louis Union Station
Chef Stanley Hamilton

2½ garlic cloves, chopped
1½ teaspoons salt
1 cup salad oil
1 egg, well beaten
1 lemon, juice of
⅓ cup grated Parmesan cheese
2 teaspoons whole peppercorns, ground
¾ tablespoon Worcestershire sauce

Mash garlic with salt. Add oil slowly to beaten egg, beating constantly with rotary or electric beater. When mixture starts to thicken, add oil and lemon juice alternately in small amounts, beating constantly. Stir in cheese, ground pepper, Worcestershire sauce, and garlic salt. Yield: about 1⅔ cups.

DAYS AND NIGHTS - Time

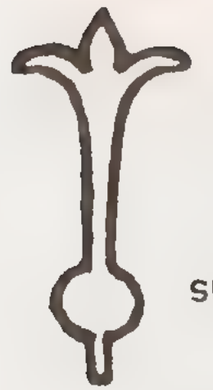
The unusual piquancy of this dressing enhances a combination or tossed salad. Bowl & Bottle salad dressing, a mixture of pure olive oil, cider vinegar and spices, is available by the bottle in Chicago at the Hospitality Shop in the Palmolive Building, and in Fred Harvey Shops in the Chicago Union Station and at the Old Spinning Wheel, Hinsdale, Illinois.

FINNAN HADDIE, DEARBORN

Served at
The Crossroads Room, Dearborn Station, Chicago
Chicago Union Station Dining Room
The Oak Room, Cleveland Union Terminal

- 1 pound finnan haddie
- 1 ½ cups milk
- 2 medium potatoes, cooked and cut in thick slices
- Melted butter
- Salt
- 1 cup cream
- Paprika

Simmer fish in milk for 10 minutes. Place in two individual shallow casseroles or shirred egg dishes. Arrange potato slices at one end of casserole. Brush potatoes with butter; sprinkle with salt. Pour cream over fish and potatoes, sprinkle with paprika. Bake in moderate oven (350° F.) 15 minutes. Sprinkle with parsley if desired. Cover casserole to retain the wonderful aroma, and serve immediately, hot and bubbly. Yield: 2 servings.



SUNFLOWER
Fertility

This dish was first placed on the menu at Dearborn Station in about 1900, by Louis Feichtmann, manager for many years of the Fred Harvey restaurants in the station. Louis was a Hungarian and a half-brother of Willie Pogany, famous artist and designer of theatrical settings.

SCALLOPINI OF VEAL, MARSALA

Fred Harvey Dining Room
Los Angeles Union Station
Chef Louis Sogno

- 2 pounds veal steak, cut in 1 ½ inch pieces
- 1 small onion, finely chopped
- 1 clove garlic, minced
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 2 teaspoons salt
- ¼ teaspoon pepper
- ½ cup Marsala or Sherry Wine
- ½ pound fresh mushrooms, sliced

Brown veal, onion, and garlic in butter. Sprinkle with flour, salt and pepper. Add wine, cover and simmer about 15 minutes. Add mushrooms and continue cooking about 7 minutes. Yield: 4 large servings.

(This dish excellent served with Risotto. See the recipe by Chef Sogno in this booklet.)

THUNDER BIRD TRACK
Bright Prospects

Veal is one of the most subtly flavored of meats. It is the dressed meat of a calf, and the most desirable quality is milk veal, from milk fed calves. It is pink and firm, lacking in fat, juicy and nutritious. Veal should be cooked well, and it takes to herbs and wine sauces like ladies to mink coats and diamonds. That is why it has long been a favorite of skilled European chefs.

HUEVOS RANCHEROS, LA FONDA

La Fonda, Santa Fe, New Mexico
Chef Konrad Allgaier

- 1 cup pinto beans
- 1 tablespoon red chili powder
- ¼ cup water
- 4 tablespoons minced onion
- ½ to 1 teaspoon finely minced green chili pepper
- 2 tablespoons butter
- 2 eggs
- 1 teaspoon butter

Wash beans, cover with cold water, and let soak over night. In the morning, heat to boiling, reduce heat and let simmer, covered, until beans are tender 3 or 4 hours. Cool. Add red chili powder, which may be obtained from Mexican grocery store, to the cold water and let soak one hour. Saute onion and very finely minced green chili pepper in butter very slowly until tender but not browned. Add beans which have been broken up coarsely with a fork and heat through. Add ¼ to ½ cup hot water if beans are too dry. Transfer heated beans to a well buttered shirred egg dish or individual casserole. Make two depressions in top of beans using back of tablespoon, and drop an egg in each depression. Pour 2 tablespoons soaked red chili powder over the top and dot top of eggs with butter. Bake in a moderate oven (350° F.), 20 to 25 minutes or until eggs are set sufficiently. Yield: 1 serving.

HEAD DRESS
Ceremonial Dance

A La Fonda version of a popular Mexican dish. Chef Allgaier, who has delighted La Fonda guests from all over the world with his Southwestern cooking, once cooked for Kaiser Wilhelm. Born in Germany, Allgaier learned the fine arts of cooking by serving his apprenticeship in fine hotels in Zurich, Hamburg and Stockholm and at the Palace in Berlin during the heyday of the German empire.

STEWART SPECIAL SANDWICH

The Bowl & Bottle, 71 East Jackson Blvd., Chicago
Chef Hans Mayr

- 2 (¼ inch) slices ham, fried
- 2 slices buttered toast
- 2 slices cheddar cheese
- 4 slices green pepper
- Paprika

Arrange slice of ham on each slice of toast; top with cheese. Arrange 2 pepper rings on top of cheese; sprinkle with paprika. Broil until cheese is melted. Serve with lettuce, sweet pickle, tomato slice and French fried potatoes. Yield: 1 serving.

SUN GOD'S MASK
Blessing

This delicious and hearty sandwich is a favorite of Mr. Stewart Harvey, for whom it is named. Stewart Harvey, who is Vice Chairman of the Harvey organization, is a grandson of the original Fred Harvey, founder of the company.

CURRY OF LAMB

The Bowl & Bottle, Chicago
Chef Hans Mayr

- 2 pounds leg of lamb
- 2 tablespoons fat
- 2 teaspoons salt
- ¼ teaspoon pepper
- ¼ cup chopped onion
- 3 tablespoons curry powder
- 2 cups (about) water or stock
- ¼ cup all-purpose flour
- 1 cup light cream
- 1 cup apple sauce

Ask meat dealer to slice lamb one inch thick; then chip into very thin pieces about an inch square, holding knife in a slanting position. Brown meat lightly in fat; season with salt and pepper. Remove meat from skillet, add onion and cook slowly until a light golden brown. Add curry powder and blend well. Return meat to skillet, add water or stock to barely cover meat, cover, and simmer until tender (1½ to 2 hours). Blend flour with ¼ cup cold water; stir into hot mixture and cook until thickened, stirring constantly. Add cream and apple sauce and blend well. Serve immediately over fluffy rice. Yield: 5 servings.

FOUR AGES

Infancy, Youth
Middle and Old Age

The apple sauce in this wonderful curry adds an unusual touch and a subtle flavor and smoothness.

HARVEY GIRL SPECIAL LITTLE THIN ORANGE PANCAKES

Fred Harvey Restaurants
St. Louis Union Station
Henry Stovall

- ¼ cup diced orange sections and juice (½ orange)
- 1 teaspoon grated orange peel (½ orange)
- 1 cup pancake mix
- 1 cup orange juice (about)

Combine all ingredients. Bake small pancakes on hot griddle, using 1 tablespoon batter for each pancake. Serve with maple syrup, honey or jelly. Yield: 12 servings, 3 (2¾-inch diameter) pancakes per serving.

BIG MOUNTAIN - Abundance

Henry Stovall, author of these tender little cakes, is head vegetable cook in the St. Louis Station. This recipe he learned from his grandmother and passed on to Fred Harvey. Since then they have been called Harvey Girl Little Thin Orange Pancakes, and they are quite a hit with customers.

MONTE CRISTO SANDWICH

Bright Angel Lodge
Grand Canyon National Park, Arizona
Chef William Aulder

12 slices bread
4 slices cooked ham
4 slices processed sharp cheese
4 slices chicken breast
1 egg, beaten
1 cup light cream or top milk
4 tablespoons butter

Make four sandwiches using three slices bread each, with ham and cheese for one layer and chicken breast for the other layer. Combine egg and cream. Dip sandwich in egg mixture. Fry in deep fat heated to 350° F. or in butter until brown, turning to brown both sides. Dust with confectioners' sugar, if desired. Yield: four servings.

This sandwich is also good grilled—that is, spread on outside with softened butter and browned on both sides on a griddle or in an electric sandwich grill. (When grilled, the egg and cream dip are omitted.)

MORNING STARS - Guidance

A hearty sandwich popular with Grand Canyon sightseers. The Santa Fe Railway will take you right to the South Rim, a few feet from the doors of Bright Angel Lodge or El Tovar hotel. Bright Angel Lodge and Cabins form a picturesque little village on the very brink of the Canyon, with accommodations to suit any purse. Bright Angel Trail leads down from the Lodge to the Colorado River and unique Phantom Ranch in the bottom of the Canyon.

CAULIFLOWER GREENS, RESTELLI

Fred Harvey Dining Room
St. Louis Union Station
Sous Chef Victor Restelli

2 tablespoons chopped onion
3 strips bacon, diced
2 teaspoons olive oil
½ cup chopped tomatoes
½ cup tomato puree
½ clove garlic, minced
1 (1¼ lb.) cauliflower
Grated Parmesan cheese (optional)

Saute onion and bacon in olive oil until tender but not brown. Add chopped tomatoes, tomato puree, and garlic. Simmer until amount is reduced to half, about 20 minutes. Wash cauliflower, including the good leaves and stems; chop fine. Cook 5 minutes in boiling salted water and drain. Add to tomato sauce and serve. Sprinkle grated Parmesan cheese over each serving if desired. Yield: 4 to 6 servings.

GILA MONSTER - Desert

Fred Harvey has operated restaurants in the St. Louis Union Station since the early 1890's. There were very few hotels in St. Louis then, and the Harvey dining room in the station catered all the city's social and civic affairs. During World War II approximately a million and a half members of the military forces were fed in this room. Another historically famous room was reserved in the early days especially for serving immigrants passing through the station.

OLD FASHIONED NAVY BEAN SOUP

The Bowl & Bottle—East Jackson Blvd.
(just off South Michigan Ave.)
in the Continental Companies Building, Chicago
Chef Hans Mayr

- 1 cup navy beans
- 1 quart water
- ½ cup diced ham or ham bone
- 1 small clove garlic
- ¼ teaspoon salt
- ½ cup butter
- 3 slices bacon, diced
- 1 tablespoon finely chopped leek
- ½ cup chopped onion
- ¼ cup chopped carrot
- ⅓ cup chopped celery
- 2 tablespoons all-purpose flour
- 1 cup diced tomato
- 1 cup milk
- ¼ teaspoon pepper

Wash beans and soak overnight in cold water to cover. Add ham, heat to boiling, cover and simmer three hours. Crush garlic with salt. Melt butter and add garlic salt, bacon, leek (if available), and onion; cook until onion is yellow and bacon is crisp. Add flour and cook two minutes, stirring constantly. Add to beans with remaining vegetables except tomato and cook ¾ hour. Add tomatoes the last 15 minutes. Just before serving, add milk and pepper. Yield: 6 servings.

HOGAN - Home

This soup is one of Hans Mayr's many delicious dishes which Chicagoans enjoy at the popular Bowl & Bottle. Hans had his training with a French chef in Munich where he was born, and has been a Fred Harvey chef for more than a quarter of a century.

FRIJOLES REFRITOS, LA FONDA

La Fonda, Santa Fe, New Mexico
Chef Konrad Allgaier

- 2 cups Pinto beans
- 4 slices bacon, diced
- 2 small cloves garlic, crushed
- 1 teaspoon finely chopped onion
- ¼ teaspoon finely chopped chili pepper
- 1 teaspoon salt
- Grated Parmesan cheese

Wash beans and soak over night in cold water to cover. Add bacon, cover, heat to boiling and simmer for 4 hours. Drain and cool. Add garlic, onion, chili pepper, and salt; mix well, mashing slightly with a fork. Cook in shallow fat as for hashed brown potatoes. Serve with grated Parmesan cheese sprinkled over the top. Yield: 6 servings.

CLOUDS – Prosperity

Pintos are short beans, buff colored and speckled with brown. They constitute an important crop, extensively cultivated in New Mexico and the Southwest. The chili peppers taste as good as companions to the frijoles as they look, all strung up to dry, hanging in their scarlet cloaks from every adobe rancho roof in New Mexico in the fall.

POACHED EGGS A LA REINE—HARLEQUIN

Harlequin Room, Palmolive Building, 919 N. Michigan Ave., Chicago

Chef Wolfgang Pschorr

- 1 cup finely chopped mushrooms
- 4 tablespoons butter
- 1 tablespoon chopped shallots
- 3 tablespoons flour
- 1 ¼ cups top milk or cream
- 1 cup finely chopped chicken (white meat)
- ¼ cup Sherry
- Salt and pepper
- 4 eggs
- 4 toast rounds
- 16 asparagus spears, cooked
- Parsley
- Pimiento
- 2 pitted black olives

Saute mushrooms in butter until nearly done, add shallots and cook a few minutes longer. Blend in the flour, add top milk or cream, and cook slowly until smooth and thickened (about 5 minutes), stirring constantly. Add chicken and Sherry. Season. Remove from heat. Poach eggs, place on round pieces of toast, and cover with the chicken and mushroom mixture. Garnish each serving with asparagus and sprigs of parsley; place strip of pimiento and half of pitted black olive on each egg. Yield: 4 servings.

MEDICINE MAN'S EYE
Wise-Watchful

This wonderful dish appears often on the famous Sunday English Breakfast menu at the Harlequin Room. The recipe also makes a good light luncheon or supper dish. The Harlequin Room, one of the newest Fred Harvey restaurants, is located on Chicago's "Magnificent Mile," and in the heart of the famous Near North Side dining area.

CREAM OF WISCONSIN CHEESE SOUP

Fred Harvey Restaurant, St. Louis Union Station

Chef Stanley Hamilton

- 3 cups grated sharp Cheddar cheese
- 1 quart beef or chicken broth
- 3 tablespoons butter or margarine
- 3 tablespoons all-purpose flour
- 1 tablespoon Worcestershire sauce
- 1 cup light cream or top milk
- ¼ teaspoon pepper

Melt cheese in 2 cups broth, stirring constantly. Add remaining broth; simmer until smooth. Melt butter, blend in flour and add to first mixture with Worcestershire sauce. Simmer 15 minutes, stirring constantly. Additional cream or milk may be added if desired. Season with salt if needed and pepper. Serve with hot toasted crackers. Yield: 6 servings.

(Note: Taste before seasoning as cheese may make mixture salty enough.)

DEER TRACKS
Plenty Game

The Union Station is an old St. Louis landmark. Former President Harry S. Truman, who has often dined here, recently answered a radio interviewer's question as to how he felt by replying: "Fine, I just had breakfast, and I always feel fine after eating a meal at Fred Harvey's. That's a 'plug' and I won't get paid for it, but I like the food anyway."

CHEESE CAKE

Fred Harvey Restaurants
Los Angeles Union Station
Henry C. Ibsch, Head Baker

2 cups fine graham cracker crumbs (25 crackers)
1½ cups sugar
½ cup melted butter
4 eggs
2 tablespoons all-purpose flour
2 tablespoons cornstarch
⅛ teaspoon salt
2 teaspoons grated lemon peel
1½ teaspoons lemon juice
1 teaspoon vanilla
1 cup cream
1½ pounds dry, small curd Cottage Cheese

TOPPING:

1 egg white, beaten stiff
2 tablespoons sugar
½ cup sour cream

Mix crumbs with ½ cup sugar and the melted butter; reserve ¾ cup crumbs for topping. Press remaining crumbs into a 9 inch spring form pan, lining bottom and sides. Build up sides to 1¾ inch height. Beat eggs with remaining one cup sugar until light; add flour, cornstarch, salt, lemon peel, lemon juice, vanilla, cream and cheese. Beat thoroughly. Pour into crumb lined pan; sprinkle with remaining crumbs. Bake in a moderate oven (350° F.) 1 hour. Cool in pan. Remove from pan and top with mixture made by combining beaten egg white, sugar and sour cream.

CROSSED ARROWS
Friendship

We don't know how this cheese cake became as popular as it is in Southern California—the world capital of another kind of cheesecake. Perhaps it's because the Harvey Girls have their own place in the hearts of the film colony, won when Judy Garland played their role in MGM's musical technicolor film, "The Harvey Girls," several years ago.

SPIDER
Good Luck

CHILES RELLENOS A LA KONRAD

La Fonda, Santa Fe, New Mexico
Chef Konrad Allgaier

8 canned Ortega chili peppers
½ cup grated aged American cheese
½ cup flour
1 egg, beaten
Butter

Fill each chili pepper with 1 tablespoon grated aged American cheese. Roll in flour, dip in beaten egg, roll again in flour. Brown in butter.

Zippy, hot, and delectable peppers with cheese. Delicious served with one of La Fonda's famous Chicken entrees or with pinto beans as a luncheon dish. Tasting some of the many Southwestern dishes on the menu is one of the many enjoyable experiences for guests at La Fonda, the gay and charming "Inn at the End of the Trail."

EMPANADAS WITH VANILLA SAUCE

La Fonda, Santa Fe, New Mexico

Chef Konrad Allgaier

EMPANADAS (Mexican Dessert—Turnovers)

- 1½ cups finely chopped cooked beef
- 1 1-pound jar mincemeat
- 2 ounces suet, chopped finely
- 1½ teaspoons crushed oregano
- ¼ cup sugar
- 1 tablespoon grated lemon peel
- 1 recipe plain pastry (using 2 cups flour)

Combine beef, mincemeat, suet, oregano, sugar, and lemon peel. Roll pastry and cut in 6 inch circles. Place ⅓ cup filling on each pastry circle; fold in half, and flute edge. Prick to allow steam to escape. Fry in deep hot fat. Serve with hot vanilla sauce. Yield: 12 turnovers.

VANILLA SAUCE

- ¾ cup butter
- 3 tablespoons cornstarch
- 1½ cups sugar
- 3 cups boiling water
- 3 teaspoons vanilla

Melt butter; blend in cornstarch and sugar. Add boiling water, stirring constantly, and cook until thickened. Add vanilla just before serving.

DRAGON FLY
Plenty Water

A Mexican turnover traditionally served for dessert following a Mexican dinner. Mexican food is one of the many adventures in Southwestern culture enjoyed by visitors to this colorful region. It is one of the facets of life in the Southwest which it is possible to create at home in one's own kitchen.

HOT STRAWBERRY SUNDAE

Westport Room, Kansas City Union Station

Joe Maciel, Westport Room Manager

- 1 pint strawberries, cut in half
- 4 tablespoons Jamaica Rum
- ¾ cup strained honey
- 4 tablespoons lemon juice
- Rind of 1 orange, cut in strips

Marinate strawberries in rum for 1 hour. Bring honey, lemon juice and orange peel to a boil; remove orange rind and combine flavored honey with strawberries. Serve over ice cream immediately. Yield: about 2¼ cups.

BROKEN ARROW – Peace

When Joe Maciel attended the Chicago World Fair in 1934 he was served a strawberry sundae made with hot maple syrup and strawberries. That gave him the idea to make a sundae of his own. Since that time the guests of the Westport Room have enjoyed this unusual dessert.

BRANDY FLIP PIE

Fred Harvey Dining Room
Chicago Union Station
Chef Adolphe Achenbach

1 tablespoon (1 envelope) unflavored gelatin
¼ cup cold water
4 beaten egg yolks
½ cup sugar
½ cup milk, scalded
4 egg whites
½ teaspoon nutmeg
3 or 4 tablespoons brandy
1 baked 9 inch pastry shell

Soften gelatin in cold water. Combine egg yolks, sugar and milk, cook in double boiler until mixture coats spoon. Remove from heat. Add gelatin and stir until dissolved. Chill until slightly thickened. Fold in egg whites, which have been beaten stiff with remaining sugar, nutmeg, and brandy. Pour into cooled, baked pastry shell. Chill until firm. Serve with whipped cream garnished with chocolate curls. Make chocolate curls by shaving slightly warmed bitter or semi-sweet chocolate with long blade of a potato peeler.

BUFFALO HORNS
Success

Here is a rather different and sophisticated version of this popular dessert. Make it and serve it at home if you will, and imagine yourself eating it in the stately, club-like Fred Harvey dining room in Chicago Union Station, perhaps between trains on a transcontinental journey.

QUICK (or Ersatz) DOBOS TORTE

R. T. Hillyard, Superintendent of Dining Cars

1 (10 oz.) pound cake
⅔ cup whipping cream
1⅓ package (1⅓ cups) semi-sweet chocolate bits
2 (¼ pound) Packages German's sweet chocolate

Trim crusts from cake. Cut cake in half lengthwise. Slice each half into eight slices, lengthwise and parallel with top. Melt the chocolate bits over hot water, remove from hot water and let cool while whipping the cream stiff but not dry. Fold chocolate into whipped cream. Spread between layers of each half cake. Melt German's chocolate over warm water. Pour over top and sides of cake to make a thin coating. Chill cake until firm. Slice and serve. Yield: 2 cakes, each 4¾x2x2½ inches, or 16 servings, ⅝ inch thick.

ARROWHEAD
Alertness

This recipe is one that has been suggested by the A.T. & S.F.-Fred Harvey dining car staff in response to requests from travelers who have enjoyed the wonderfully rich and difficult to make Hungarian Dobos Torte served occasionally (1100 pounds a year) on the Super Chief. The special type of chocolate and ingredients necessary for the authentic version are not always available even to professional cooks, and baking of the thin cake layers is almost impossible without professional baking ovens and thick cake pans.

FRED HARVEY COFFEE

Served on all Santa Fe Dining Cars and at all Fred Harvey restaurants from Cleveland to Los Angeles

Did you know that the special full bodied blend of Fred Harvey coffee can be enjoyed in your own home? The special, heavy roast coffee is sold under the Fred Harvey label at the retail shops in rail terminals in Cleveland, Chicago, St. Louis, Kansas City and Los Angeles, at the shop in the Old Spinning Wheel, Hinsdale, Ill., and the Hospitality Shop in the Palmolive Building at 153 East Walton Street, Chicago, as well as at all Fred Harvey hotels.

The secrets of good coffee are that it be 1) made strong enough, 2) served hot enough, 3) brewed correctly, 4) always freshly made, and 5) made from good coffee.

We are including formulas for the four usual methods of making coffee at home—drip, glass coffee maker, automatic coffee maker, and percolator. You will note that in the first three recipes one rounded tablespoon of coffee per cup is recommended, whereas in the percolator recipe a heaping tablespoon of coffee is suggested. In using Fred Harvey coffee, because of our special blend and heavy roast, this amount can be reduced somewhat. Actually, a person's own preference has a great deal to do with the quantity of coffee to be used, depending on whether you like strong coffee or a weaker brew, whether you use cream or drink it black.

FOR DRIP COFFEE: Use 1 rounded tablespoon of regular grind to each 6 oz. cup of freshly boiling water. Scald your coffee pot with boiling water. Put coffee in coffee basket, replace in pot and cover with water container. Slowly pour boiling water into it. Keep warm while coffee drips through, then remove upper sections, stir, cover pot and serve.

FOR PERCOLATOR COFFEE: Use 1 heaping tablespoon of regular grind to each 6 oz. cup of water. Measure water into percolator. Wet coffee basket with water, add coffee and insert basket in pot. Bring to boil, reduce heat, and allow to percolate gently from 7 to 10 minutes after percolating starts. When desired strength is reached, remove basket, cover and serve.

FOR GLASS COFFEE MAKER: Measure water into lower bowl, allowing 6 oz. water for each cup, and bring to a fast boil. Meantime, measure coffee into upper bowl, allowing 1 rounded tablespoon of *fine grind* coffee per cup. When water boils, place upper bowl on lower and return to heat. When water has risen, stir carefully; reduce heat for 4 minutes. Remove from heat, separate bowls, cover and serve.

FOR AUTOMATIC COFFEE MAKER: Measure water into the lower bowl, allowing 6 oz. water for each cup. Allow 1 rounded tablespoon of *fine grind* coffee per cup, which should be placed in upper part of automatic coffee maker. The rest of the procedure is, of course, automatic.

LA FONDA PUDDING

La Fonda, Santa Fe, New Mexico
Chef Konrad Allgaier

3 egg yolks
1 cup sugar
1 cup finely crushed graham crackers (12)
½ cup chopped walnuts
1 teaspoon baking powder
⅛ teaspoon salt
½ teaspoon vanilla
3 egg whites, stiffly beaten
Heavy cream

Beat egg yolks until thick and lemon-colored; gradually add sugar, beating constantly. Fold in graham crackers, chopped nuts, baking powder, salt, and vanilla. Fold in beaten egg whites. Bake in a buttered 8x8x2 inch pan in moderate oven (350° F.) 45 minutes. Cool in pan for 10 minutes. Remove from pan. Cut in squares and serve topped with whipped cream and extra chopped walnuts if desired.

ARROWS
Protection All Ways

New Mexicans have a sweet tooth, too, and although we have a suspicion that this recipe is a pure figment of Chef Allgaier's imagination based on his background in Continental and American cookery, La Fonda guests seem to like it.

BLUEBERRY MUFFINS—LA POSADA

La Posada Hotel, Winslow, Arizona
Guy Falconer, Baker

⅔ cup sugar
⅓ cup shortening
2 eggs, beaten
2 cups sifted all-purpose flour
4 teaspoons baking powder
½ teaspoon salt
⅔ cup milk
1 cup frozen blueberries, thawed

Cream together sugar and shortening. Add eggs, mix well. Sift together flour, baking powder and salt. Add alternately with milk to creamed mixture. Blend in blueberries. Fill greased muffin pans one-half full and bake in moderately hot oven (400° F.) 15 minutes. Yield: 1½ dozen muffins.

SWALLOW
Agility

A delicious recipe for muffins from a delightful hotel. Built like an old Spanish hacienda, La Posada is surrounded by charming gardens and patios. Hotel furnishings are a combination of rare old originals brought into the country by early Spanish settlers, and La Posada "farm made" copies of collector's items. La Posada is an ideal place to stop over on the trip to or from the Grand Canyon and the Southwestern Indian country.

FRENCH APPLE PIE WITH NUTMEG SAUCE

Fred Harvey Restaurant
Los Angeles Union Station
Henry C. Ibsch, Head Baker

8 cups sliced, pared, tart apples
½ cup water
1½ cups sugar
1 recipe plain pastry
1 cup graham cracker crumbs
½ cup all-purpose flour
½ cup sugar
⅓ cup butter
few drops vanilla
NUTMEG SAUCE:
1 egg yolk
½ cup sugar
1 cup milk
1 teaspoon nutmeg

Cook apples in water until tender; add sugar and mix carefully to retain shape of apples. Arrange apples in pastry lined pie pan. Combine graham cracker crumbs, flour, sugar, butter, and vanilla; mix until they resemble coarse crumbs; sprinkle mixture over apples. Bake in hot oven (425° F.) 10 minutes, then in moderate oven (350° F.) 20 minutes. Serve with Nutmeg Sauce. Beat together egg yolk, sugar, and milk. Heat to the boiling point; remove from heat and add nutmeg. Yield: 1⅓ cups sauce.

ROCKS - Everlasting

Fruit pies or turnovers have been a favorite of Southwestern and Mexican cooks since pre-railroad days when fresh fruits were not available except during the regional growing season. Fruits were introduced into New Mexico by Spanish monks. The good old American version of apple pie is by far the most popular of all pies served in Fred Harvey restaurants.

SOPAIPILLAS

La Fonda, Santa Fe, New Mexico

1 package active dry or 1 cake compressed yeast
¼ cup water
¾ cup milk, scalded
6 tablespoons sugar
2 tablespoons shortening
1 teaspoon salt
1 egg, beaten
3 cups all-purpose flour (about)

Soften active dry yeast in warm water (110° F.) or compressed yeast in lukewarm water (85° F.). Combine milk, sugar, shortening, and salt; cool to lukewarm. Add softened yeast and egg. Gradually stir in flour; mix to a smooth dough. Let rise until double in bulk, about 1½ hours. Roll on floured surface to square 12x12 inches; cut in twenty-four strips, 2x3 inches. Fry in hot deep fat (350° F.) about three minutes, turning once.

RAIN - Prosperity

These are crisp, fried puffs, excellent served in place of bread, particularly with Mexican food, and traditional with Mexican chocolate at four in the afternoon, or accompanying coffee and Chango (cream cheese with Guava jelly and Guava husks) for dessert or a snack any time of day.

Main Line Routes of the
Santa Fe Lines

ONE ROAD, ONE MANAGEMENT SERVING THE SOUTHWEST ALL THE WAY

Santa Fe